



Alan P. Sentance Educational Lecture Series: Caregiver Stress & Burnout



Presented by Roxanne Dion-Boudreau

Thursday, July 20 2023

10—11 am

Room 019 & Via Zoom

There can be many benefits to being a caregiver. People report feeling a sense of fulfillment and appreciate the time they are spending with their loved one. However, two thirds of caregivers report feeling stressed or burnt out. This presentation aims to educate caregivers on: the caregiving experience across Ontario; the differences between stress and burnout and knowing the common signs and symptoms of each; strategies to identify when they are feeling stressed or burn out and resources to support them in their caregiving experience.

This is a free presentation . All in the community are welcome and encouraged to attend.

You can attend in person, via Zoom or phone.
Call 613-236-0428 or e-mail info@thegoodcompanions.ca to register and receive the information to connect remotely

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